

Sort

Choose your hobbies wisely. You get good at what you focus on.

In the real world, not only the world of thought.

Usually I mean this in regards to ideas and behaviors. This time it's different, I'm talking about the real physical world and it's manipulation now. Whatever you physically work with, you're going to get better at.

Introduction

Work from yourself up, not stuff down, when planning the juice of your life

If you turn upside down the way people look at wealth and success, and look at it from the person up, instead of the stuff and achievements down, you notice that there's a lot of chokepoints and factors that are quite hard to overcome, and they're barely affected at all by the giant levels of wealth and power above them. The human centric upwards view is a better way to look at things, for if you try to shove 10 lbs of cake in a 5 lb bag, you're not going to have a good time carrying it home, and if you try to make a person happier by stacking billions of dollars and meetings on top of him, you'll find that much like the bag, he doesn't fair as well as if you took his capabilities into consideration before you started stuffing.

stay sober

If you are drunk when you're doing all the fun shit, then you are fucking up your memory of all the fun shit, and you would have a better memory of your life if you were totally conscious and aware for the best parts of it.

Drugs and chasing changes of consciousness

Some people think these things are good, I do not, and here is why.

https://en.wikipedia.org/wiki/Argument_from_authority Often when you speak to a drug user, they portend to have an aura of superiority because they have experienced drugs, and you have not, therefore they feel that they know things about drugs you do not. This gets boring rather quickly, for the same reason that using status as evidence, is pretty poor evidence. Your status as a drug user doesn't lend any credence to the statement that drugs are useful and people should do them more. Evidence is evidence, bring it forth and leave the aura of superiority at home.

So what are drugs good for? Well, chemicals are the very programming that your brain uses to cause feelings. If you have this chemical in your brain, you will feel this. If you have this other chemical instead, you will feel this. So if you ride a roller coaster, and it is exhilarating to you, your brain will release diazepam. If its terror for you however, your brain will release cortisol. So what happens if you just take a shortcut, skip the roller coaster ride entirely, and just take the pill that gets the diazepam into your bloodstream and across the blood brain barrier. When you take drugs, you often screw up what the emotional programs have in store for you.

If you created a human from scratch, like a science project, you would need some way to program it to behavior in certain ways and not others, while making sure that it didn't get suck in loop and do the same thing over and over again, forget to eat, then die. Nature came up with a great way to do that, emotions. They're the programming that you were born with, the same programming that your parents were born with, that without much of it, you wouldn't be here, because you wouldn't have been born. The desire to eat, but not too much, have sex, but not too much, breath but not too fast, do one thing but then switch to another thing, find people like you and team up with them, they are all useful emotional imperatives that allow you to outcompete other

living beings for food and space, and mates. Drugs shortcut this useful programming by giving you the feelings without the effort that you were supposed to expend to earn them.

The difference between having sex and masturbating, while both result in orgasm is that one is much more likely to lead to children and continue your lineage, and thus impart whatever habits and behaviors you have into the future, whereas the person who abstains from sex in favor of the much easier to get masturbation is more likely to be childless and thus forever removed from the gene pool.

Well, you've fulfilled one of your emotional imperatives, to experience different states of consciousness. But you've shortchanged the other part of that program, in that you're often supposed to execute a certain behavior to earn that chemical from your own brain. Perhaps you were supposed to win a race, or learn a new thing, or see a beautiful thing, or share an experience with someone else, to earn that chemical. You however, took the shortcut and took a pill. You got fulfilled one imperative at the cost of another.

So where do you draw the line between following the good emotional pleasure seeking programming that you were born with, and taking shortcuts to get the feelings with pills and inhalants. A great way to follow up and decide what the right ratio of drug use and non-drug use is this. What performance to most drug users get out of their lives, and at what cost? Are you and addictive person, would you be the kind of guy that is really curious about how much a drug your body could handle. Are you in an environment where the drugs that are easiest for you to get just happen to be the ones that are hardest to have a good relationship with?

I say that if you can do it, it's much better to get your good emotions out of the real world by fulfilling your good inborn emotional programming, that you are by taking chemical shortcuts. The shortcuts have lots of downsides outside of their opportunity costs of missing out on real experience. Take for instance, prison, societal contempt, loss of job opportunities, slippery slope of wanting to "try" some harder drugs, dependence, addiction, having to associate with dangerous people who are willing to work with other dangerous people to get you the illegal substances which you desire. Taking the risk that what you think you bought, you indeed not buy, and what you got is more dangerous, or will you become a scientist and constantly test everything before you take it, that sounds like it might kill the buzz, and who know where you could even get such testing equipment sent to you without getting your name on a list.

Interesting fact, there is a free drug testing service based in Portugal which will test the quality of your drugs for free as a public health service, and they will accept packages from anywhere in the world. <http://saferparty.ch/> <https://dancesafe.org> <http://www.safernightlife.org/> if you want to know what it feels like, erowid.com is a good resource

If you think that state change, and being one with the world, and being at peace is so awesome, you should really check out the great work that the Tibetan monks have been doing over the last 1000 years or so. They are really chill, and really at peace, they can even lower their own body temperature at will solely through the power of thought. Of course, they don't invent anything, and they're getting killed off by the Chinese, and they can't enforce their own borders, and they have no medical progress, and I wouldn't be surprised if their teeth were in pretty bad shape (XX). But you know, if state change is so great, just let your culture get destroyed peacefully by the

Chinese, focus on the journey outward instead of the journey inward, while the people on the outside are crushing you.

While you are dicking around trying to feel different feelings, the real world is coming for your limited resources, they will eat your lunch, and it will not be pretty. Try to fuck around in the virtual world of games and drugs to the minimum you need to, or know the cost.

Here's Tony's chapter on drugs

People should strive to develop a healthy relationship(don't overdose, use the minimum effective dose, with. Tony thinks it's really important that you see drugs as yet another chemical that you ingest such as dietary chemicals such as salt, you need some but you also don't need too much, cause its "immature". See drugs for what they are and what they can do for you, how they can serve you, educate yourself on their effects. Your relationships on drugs shouldn't differ from your relationship from any other potential dangerous item.

Richard summary, tony wants you to do drugs, he thinks you can have a good relationship with them, and will benefit from them, and therefore you should do them, just do them properly.

Unless you can't manage good relationships with shit, then you shouldn't' do them.

583.It's funny that companies that sell just steroids make bazillions of dollars a year, but nobody thinks anyone else is on steroids which makes you wonder, if no one is using them, why are they buying billions of dollars just to not use them.

587.Drugs are an interesting value proposition for the consumer because most products you buy have to filter through some values before you get the benefit, the feelings. With drugs get the feelings without the values.

Experiencing life through all your senses

Hearing

Feeling

Seeing

Pearls to swine

Perception, strong as the weakest link

Just as only certain people can see certain colors

And some TVs can show more colors

And some broadcast formats allow those colors to be transmitted

And some cameras allow the colors to be recorded

And some sensors see the colors

And some lights actually emit the right wavelengths of light to be reflected off the surface to be recorded

And some pigments and paints can reflect that emitted light.

And your glasses, and your eye defects, and your perceptive map

Any break in the chain and you don't get the result

This doesn't just apply to the absorption and retransmission of a beautiful image, it applies to ideas as well.

Ideas, strong as the weakest link

In order for your audience to appreciate your idea, they need to have the vocabulary, logic, life experience, similar beliefs and understandings regarding how the world works to be able to even understand what you are saying.

It's always fun to see someone misunderstand what you are saying so hard, that they are entirely wrong about it, and not because they understood it in the correct way, to be incorrect about it in the correct incorrect way, but to just get it entirely wrong based on a misunderstanding.

You have to choose whether you want to correct the incorrectness they are stating, which is unrelated to your original point, or you want to skip it and just attempt to retransmit the original idea, wait for them to understand, and then have incorrect beliefs as output from the accurately transmitted and understood idea.

Experience hunting

If you don't encode the awesome things when they happen, you won't be able to recall them very well. If you're a hunter of experience as one of my friends, who likes to try different drugs and see how they feel, you might find that you can get much of the same adventure and experience of feeling new things by changing the beliefs that you have, and changing the go-to instant reaction feelings that you assign to certain thoughts.

Whether it be working out, making love, or being an honest or good person, if you train and condition your internal responses to be the one that you want every time you see it, an NLP, it's called a Swish pattern. It's basically just trying to rewire a behavior that has been rewarded enough in a positive manner to become a habit.

Altered consciousness

When you're exploring consciousness and feeling, you're doing risky shit blocking up receptors in your brains with things that you haven't properly qualified as pure. You don't properly know how you'll respond compared to other people, so you can't really get your dosages right, and you're not tracking your sleep patterns and whatever weird biochemical things can be going on inside your body.

Winning the lottery might not be as great as you might have previously thought

For fun, read about anyone that's won the lottery and the horror that comes along with it and you'll see that one of the worst things that could ever happen to you is winning a large lottery.

Remove bias and get to experience yourself in a new and exciting way

It's really cool when you forget that you did a thing or you forget that you wrote a thing. Like for instance, you go through your documents from like 10 years ago if you have any. You pull out a piece of paper that you wrote when you were a kid, like 15, 20 years ago, and you read it and you're like, goddamn! This is pretty good. I was a pretty smart fuck when I was 15 or 14 or in love or whatever. It's really neat when you get to love yourself, not because you forced yourself to, because you thought it was a good idea or not, or because you were extremely biased because you see so much profit in loving you.

It's really cool when you love yourself and something that you produced intellectually and forgot that it was you that created it and then thought "Man, this is awesome. Who did this?" And then you're like, "I did that. Fuck yeah! How cool am I?" It's the removal of the bias and the discovery that you are worthy of your own love is really enjoyable, enlightening, prideful and fun. I just came up with a way, as I say this that

in theory, if you could abstract meaning from something someone did or created as to keep the overarching theme, however change the contents so wildly that the person that created it didn't recognize it anymore. Then you can expose them to it, they can profess their like for it and then you could say, "By the way you actually wrote this. I just changed this, that and the other. How cool is that?" That could be a really enlightening, although very hard to structure, gift that you could give a person.

Experiment with ways of eating

You should always try other people's food first so you can get the full flavor of theirs and then the full flavor of yours.

The miracle of hitting the right temperature on your food. No extra calories, lots better flavor.

Certain senses affect other senses in ways you wouldn't think they would

- Heavier silverware makes food taste better

- Sense silverware cup texture

- Potato chip bags are noisy because studies show it makes you think chips are crispier xx

- Similar to the chanting from *Always Sunny in Philadelphia* "worst is first", if you have to eat a couple things in a row, put the shitty thing first. This way you can cancel out that shit flavor with all the good ones.

- Food tastes better in brighter light

Uncommon permutations and stacking highs

- You can stack a sugar high with a coffee high with a good nap with an orgasm, and whatever else you like. Uncommon permutations can lead to cool stuff.

Balls to not serve balls

- Isn't it funny that great restaurants always serve you ox face and goose balls and throat of tiger and whatever other weird food they can think of. They don't have the balls to compete on the shit people could legitimately compare. If you order the tiger balls, how do you know whether they were actually done properly or not? You have no fucking idea. Because you've never had them before.

- Or pigeon face. I don't know what a pigeon face taste like, but if you give me a cheeseburger, boy I'm going to tell you whether the cheeseburger's better than another. I think people too easily and too often sacrifice excellence and those things which we recognize and are most common, because they are the most delicious. They instead take the easy way out, trying to make weird shit, that no one likes, taste okay.

Travel

- When

 - When to go

- Where

 - Best places

 - Secret travel spots

- How

 - How to get great experiences

Stories

- The Richard Buddha / Learning Journey Story

12 years around the world
Stories from travels around the world

Great sex

The silliness and greatness of porn

Imagine monkeys sitting around looking at pictures of each other's butts on the Internet. That's porn. That is what we are doing.

You'll find more nude pictures and videos on the Internet than you ever could in real life. There's also a high chance that these people are much hotter and kinkier and greater in quantity than what you would get. Thus, the fiction can always exceed the reality in some regards. It doesn't matter who you are, it is a number's game. The amount of cameras rolling is bountiful. There's also an innumerable amount of beautiful people out there, getting it on. You can't compete on a looks, kinkiness or quantity measurement. You can win on the visceral and real experience meter, though.

Hot vs cold, your senses take shortcuts.

It's really hard for your body to know when you're having sex and when you're not. It has to be able to detect it. It is similar to how you'll see people freezing to death get delirious and start taking their clothes off because they think that it's hot, or you can put ice on someone's back and if they think they're actually being burnt, they'll respond similar to being burnt. This is because there's just not that many ways to sense the real world, and your body takes shortcuts. Sometimes it shares channel for the pain signal. Hell some people are even born with their signals mixed up in the form of synesthesia. For this reason the way that you let your body know that it's having sex right now, and it should feel really great is super important.

Know what the shortcuts are and activate them

One of the ways your body knows it's having sex or not is timing. If something happens, and then it doesn't happen again for a long while, then it's not repetitive enough to be sex. You could call that frequency. Good sex has a frequency to it, any woman will tell you that as soon as what you're doing is working great, don't change anything until she cums. The chance that your change makes it worse instead of better is high, because it was already great to start with, and the ways to make it feel less great are probably 20 times more numerous than the few if any greater ways.

How does your body know that it's just your underwear rubbing on your fun parts and not someone you're making love with?

Feel magic moments

These are the magic moments, that you will remember on your death bed. The things that made life worth living. Your first love, the birth of your child, achieving that lifelong dream, sharing great food and sights with friends and loved ones.

Enjoy

Event

Photography

If you aren't in the photo, your photo probably sucks.

Other people with better cameras, ladders, drones, more time to wait for better lighting and more unique and interesting circumstances have probably already taken, and likely will take in the future a better photo of whatever you're shooting, so unless there's something actually unique, you might not want to waste your time doing what everyone else is already doing better for free.

Also, even if you take a good photo, say of your visit to see the Mona Lisa, every year a new amazing better sensor comes out which does the job of digitizing that art better than you could, regardless of how much money you spent, for the march of technology upwards continues. Just as there's depreciating value of knowledge, there's often depreciating value of imaging.